



**Prepare for
a scare**

Screamfest comes
to Bingemans
for Halloween.

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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS

**Bookworms
unite**

Local bookstores
keep the love of
literature alive.
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MONDAY, OCTOBER 18, 2010

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGAC.ON.CA/SPOKE

42ND YEAR – NO. 20

Waterloo campus site of movie shoot

By ROBERT CONTE

Roll out the red carpet, Conestoga is the star of a new movie. Well, a training video to be exact. The roofing centre of Conestoga's Waterloo campus hosted the shoot which was paid for by IKO Industries, a multinational corporation that works in roofing, waterproofing and insulation.

The video was produced by Hills Production Services and will be used to train both students and professional roofers. The final product will end up costing about \$25,000, according to IKO representative Nancy Henry.

"We've been shooting for three days now. After another full day of shooting we should be finished and ready for editing," said Henry.

The set of the video featured a mock roof, built by



PHOTO BY ROBERT CONTE

Bill Kigar prepares his camera to shoot a training video at Conestoga's Waterloo campus on Oct. 1.

Conestoga students. The training film stars Scott Seiling, who worked on the practice roof while the camera rolled. Seiling works for contractor Amos Roofing.

"I won't be finishing the roof today, that'll be part of the

training video, I'll just be working on some of the shingles," said Seiling.

The final product will feature Seiling working to a voiceover that will guide students and trainees alike through the roofing process.



PHOTO BY ROBERT CONTE

Scott Seiling works on a mock roof as the camera rolls during shooting of a new roofing training video.

CSI and CSA work together

By ASHLEY IDLE

Conestoga Students Inc. (CSI) had their first board meeting of the year on Oct. 6, and the big topic of discussion was the College Student Alliance, or CSA.

The CSI board members voted for a student fee increase of \$3 for next year to help support the organization.

Sheena Sonser, president of CSI, said, "Students don't realize how much CSA does for them." She went on to talk about how, without CSA standing up for the rights of Ontario college students, things would be very different. She also mentioned how it was with CSA's help that a tuition cap at colleges was obtained for the next two years.

CSI stands behind college students with a slogan of "strong students, strong leadership, strong colleges." The organization helps students speak against the colleges of Ontario when the students are put into a compromising position. One instance last year was the "students are not bartering chips" campaign. This movement was

instituted to remind faculty that even though they were fighting for a new contract, the students were not pawns to be played. CSA's primary goal is students' rights and making sure those rights are maintained. On the CSA website, the organization says, "As the only recognized voice for college and college-university students across Ontario, the CSA speaks to important issues that affect our membership. Members truly drive the agenda of the CSA. On the topics of tuition fees, transferability or student rights, members and their students truly have their voices heard."

Sonser also said, "For 35 years the CSA has been a champion in advocacy."

CSA also works to provide leadership training across its supporting schools.

Sonser talked about how it may seem like a small increase to the individual student, but for the CSA, the support will go a long way.

Other items discussed at the board meeting were finances, suggested pub nights for sporting events and extramural opportunities.

GET OUT YOUR LEDERHOSEN, OKTOBERFEST COMES TO CONESTOGA



PHOTO BY JESSICA-LYNN TABAK

Allan Cayenne, a K-W Oktoberfest marketing committee member, visited Conestoga College on Oct. 7 to promote this year's festival. As he grabbed students' attention with games, he also supplied them with all the information needed to attend Oktoberfest, which ran from Oct. 8-16 and featured over 40 different events. See Page 3 for Oktoberfest parade story and photos.

Now deep thoughts... with Conestoga College

Random questions answered by random students

If you could go on a date with one famous celebrity or historic icon, who would it be and why?

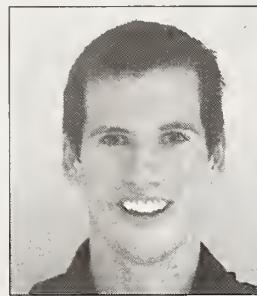


"Weird Al Yankovic because he'll make me laugh, and looks like a cuddler."

Brandon Patterson,
second-year
broadcast radio

"Natalie Portman because she's so cute and bubbly."

Craig McCann,
second-year
pre-service firefighter



"Leonardo DiCaprio because I think he would be a really funny guy."

Diana Debreczeni,
first-year
nursing BScN



"Jesus because I would want his character and personality to rub off on me."

Philip Biehn,
first-year
biotechnology



"Andy Samberg because I think he'd be a fun date, and he's cute."

Tania Hiriart,
first-year
public relations



"Will Smith because he's tall and cute."

Tsegay Eysu, left,
third-year nursing BScN



"And he's sophisticated."

Cassie Arjune,
third-year nursing BScN

Smile Conestoga, you could be our next respondent!

Residence offers a haunted good time

By EMILY GERRETT

Screams of horror will reverberate through the halls, and dark shadows and nightmares will come to life in the basement of the Conestoga College Residence and Conference Centre.

And the students are excited about it.

Halloween night will mark the return of the residence's haunted house, with the recreation room being transformed into a terrifying walk-through.

The haunted house was the idea of second-year resident

adviser Laura Davidson, who wanted to give the students something fun to do on this holiday. This year it will be run by a don, Sam Browne, who was responsible for most of the creative direction last year.

"This year will match, or be even scarier than last year," Browne said.

The plans for this year include a farm/murder theme and the use of black lights. Hours of work will be put in by Browne and other volunteers to make this a "wicked" experience for the students.

"My goosebumps already

have goosebumps just thinking about it," said resident Max Green.

The haunted house will also be doubling as a chance to give back to the community. Entrance is \$2 or two canned goods, which will be donated to the United Way food bank.

"The haunted house is a good cause, but is mostly put on for the social component," Browne said. "Especially on Halloween with the drinking that happens, it just gives (students) something to do. But the canned goods they bring are definitely a great benefit too."

Don't feed the squirrels

By THOMAS PARENT

Winter is fast approaching and every critter in sight is scrambling in a last ditch effort to salvage enough food for the season. They will grab anything edible that won't perish in a month, so peanuts and every other kind of nut you can think of are definitely on that list. And squirrels love nuts. The forest trail on campus leading from the Early Childhood Education centre to the rest of the campus is chock full of squirrels this time of year, mouths filled to the brim.

The problem lies in the innocent children who play in the playground and sandboxes in the same area. Some of the kids are anaphylactic. Anaphylaxis is a serious allergic reaction, usually caused by food (such as peanuts) and can cause respiratory problems and even death.

So when a squirrel goes scampering by and drops a peanut, or digs it in the ground for later, a curious child might accidentally pry it up. And if that child is anaphylactic, whether he puts it in his mouth or not, he can go



PHOTO BY ROBERT CONTE

The cold has this squirrel busily searching for food to store in preparation for winter. Peanuts should not be one of his foodstuffs.

into shock simply by touching it.

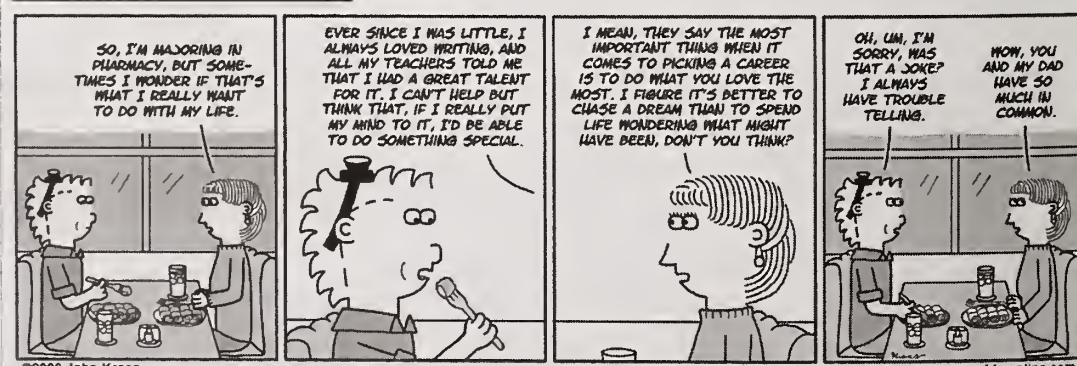
"It is life-threatening, that's why we must be diligent about this issue," said Lisa Horst, supervisor of ECE. "This happens every fall. Kids dig in the sandbox so safety checks are done outside every day."

Even with daily safety checks and supervising every child, you can't supervise every squirrel. What you can

do is make sure not to feed any of the squirrels on campus and make sure all trash goes in the proper receptacles.

"Although some of us like to help (the squirrels) prepare for winter by feeding them, I would ask that you please do not feed them peanuts around the college," said Don Willis, director of Safety and Security at Conestoga, in an email to faculty and staff.

LAST-DITCH EFFORT



OH, UM, I'M SORRY, WAS THAT A JOKE? I ALWAYS HAVE TROUBLE TELLING.

WOW, YOU AND MY DAD HAVE SO MUCH IN COMMON.

www.lde-online.com

Nursing students travel and learn

By LISA OLSEN

At the end of summer, six Conestoga students sauntered off a plane and were swiftly smacked with culture shock at the sight of Toronto.

"Coming back to southern Ontario was a struggle because it's so busy here," said Laura Peters.

She was one of six Conestoga bachelor of science in nursing students who took part in an international summer placement. Peters worked in a maternity ward in Sioux Lookout, Ont., 23 hours north of Kitchener, halfway between Thunder Bay and Winnipeg.

On Oct. 4, five of the six students spoke about their experiences. Ranging from an isolated town on a dirt road in Newfoundland and Labrador to the scorching heat of India, their tales were as varied and wide as the distance between them.

"I was a little shocked at how different it was," said Kelsey Romitz after she found herself travelling along the dirt path in eastern Canada.

She wasn't the only one.

Recalling her experience in India, Leanne Zylstra spoke of galloping geckos, ruthless rats and a baby whose eyes had been circled with black paint to ward off evil spirits.

The paint contained lead.

"Your first instinct is to tell them to stop doing it," she said, but she learned to respect other cultures, even if their customs and medical practices don't coincide with ours.

In India, oftentimes they didn't; tuberculosis patients were not in isolation and back-to-back surgeries were completed by the doctor in a swivel chair; while he was working

on one patient, another patient would be prepped directly behind him, in the same room. The doctor would finish the first, clean up, turn around, and start on the next surgery.

Njeri (Bernadette) Kariuki experienced the same challenge when women were not given anything to ease the pain of childbirth in Kenya.

"(There,) to prove that you're a woman, you go through the pain," she said.

Through the program, the students learned more than they expected to, growing into professionals, acquiring a healthy bedside manner and forming self-confidence.

"I learned to use all my senses because you don't get a lot of electronic equipment to see what's going on. You learn by looking, learn by feeling," Kariuki said.

Whether working in a sweltering metropolis of six-by-six foot shacks or a rural countryside beside a mountain, the lessons were ones the students would take with them as they travelled throughout their careers.

"People mainly want to know that they are being heard and cared for," said Romitz.

Other students who did international placements were Cole Migvar, who travelled to the Philippines, and Gillian Shepherd, who travelled to Belize.

The program, run in partnership with McMaster University and Mohawk College, offers students the opportunity to take part in the internship as a fourth year clinical credit. In total, 14 students participated.



PHOTO SUBMITTED

Patients line up for cataract surgery in India. Six Conestoga nursing students took part in international and national work placements this past summer and spoke of their experiences on Oct. 4.



PHOTOS BY KATHRYN SCHNARR
The streets of Kitchener-Waterloo were packed with people as they took in the annual Oktoberfest parade Oct. 11.



Everyone loves a parade

By KATHRYN SCHNARR

It was that time of year again. On Oct. 11, the streets of Kitchener-Waterloo were coloured with lederhosen and creative floats, as residents celebrated Thanksgiving by attending the annual Oktoberfest Parade. Over 150,000 people camped out with lawn chairs and umbrellas in order to honour the Oktoberfest tradition.

"The parade was quite fun," said Graham Leca, an operations management student. "This was my first time going to the parade and it was definitely a new experience for me. I found it really fascinating. It rained, but I still had fun."

The parade began at 8:30 a.m. sharp, immediately livening up the sleepy crowd. Charming music, colourful floats and tasty snacks were also in abundance. Surprisingly, the rain did not deter many people from attending the event. However,

for those who chose to stay home, the parade was broadcast nationally on CTV at noon. According to Kitchener-Waterloo Oktoberfest, an estimated two million viewers tuned in to watch.

"The 2010 edition of the parade has once again shown everyone why Kitchener-Waterloo Oktoberfest is Canada's greatest Bavarian festival. Every year the parade gets better and this year it set a new standard," said Larry Blundell, executive director.

The parade also featured a panel of judges, all of whom are local personalities. Lawrence Bingeman, Krista Sim of Slice TV, Chris St. Clair of the Weather Network and Glen Walker, previous president of Kitchener-Waterloo Oktoberfest, were all present. Together they selected The Pirate Ship float, sponsored by the Stag Shop, as the festival award winner.

Prostitutes get their day in court

BY SARA BUSSE

Although some may frown upon it and see it as dirty, the sex trade business is going on in our backyards. It may not be blatant, but it's there. Now, if a new law passes that decriminalizes prostitution, prostitutes will have the right to do their work in public places, conduct business at their homes and, while they're at it, hire bodyguards.

There's no denying that prostitution is risky business. Many women risk being raped, mugged or killed while on the job. In part to protect these workers, Justice Susan Himel ruled on Sept. 28 that the Criminal Code of Canada's prostitution laws go against women's Charter rights to freedom of expression and security of the person. While these prohibitions were mainly set out to protect women from being used by pimps, it kept them from being able to hire bodyguards or other means of security.

According to a recent Toronto Star article, this decision will mean that prostitutes can work inside without being charged with operating a "common bawdy house," they will be allowed to hold conversations on public streets with potential customers as long as they don't hold up traffic or harass pedestrians, and they will have the freedom to hire accountants, drivers and bodyguards without facing the possibility of being charged with living off the services of prostitution.

In the future we could possibly be seeing these places of business opening up right next door to a McDonalds. We believe that if this ruling helps save the life of one woman, it will be justified. However, legislation must be put in place outlining where brothels can be located, and "street business" negotiated, just as in the case with strip clubs. This type of business cannot be allowed to run rampant, with prostitutes working the streets outside of schools, or brothels locating in residential areas.

While prostitution may be frowned upon by some, we should at least be thankful that the possibility of these new laws passing will make it safer for these women to conduct their business just like any other hard-working person who has workplace safety laws.

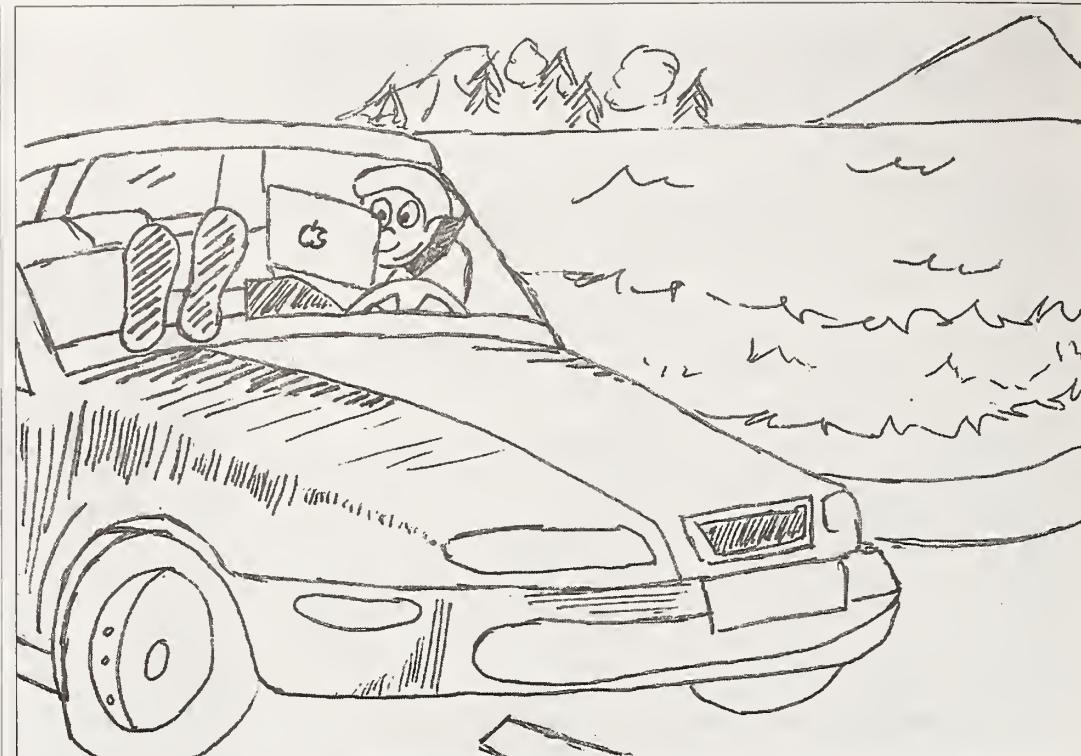
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Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification. No unsigned letters will be published. Letters should be no longer than 500 words.



Spoke reserves the right to edit any letter for publication. Address correspondence to: The Editor, Spoke, 299 Doon Valley Dr., Room 1C30, Kitchener, Ont., N2G 4M4



Google tests self-driving cars.

Oktoberfest – is it a dinosaur?

I don't know about you, but I tend to cringe mentally when Oktoberfest time comes around. The roads are blocked off in downtown Waterloo, making it even harder to get through those places in a car. There are drunks staggering around the area, and sometimes fights occur. (This is OK, I guess, if you actually go down to try and catch some free boxing matches.) There are drunks on the evening buses singing, swearing and – in one case that I know of – urinating.

Oktoberfest is a big part of the personality of our area.

Last September a man was found guilty in court of assault causing bodily harm – because of an Oktoberfest bar fight. This is not an isolated incident.

Come the middle of



Gerald Upton
Opinion

October I avoid downtown Kitchener like I would a long-unattended Porta-Potty.

After last year we got the news that K-W Oktoberfest Inc., the non-profit organization that runs the super party, lost money.

Despite a budget of approximately \$1.7 million, they suffered a loss estimated by Larry Blundell, the executive director of K-W Oktoberfest Inc., at \$90,000.

Another blow is Oktoberfest-Zinzinnati, in Cincinnati, Ohio, claiming that theirs is now the biggest Oktoberfest in North America and the second largest in the world after Bavaria.

There are now 10 major Oktoberfests in the United States and hundreds more,

big and small, in Canada. Our Oktoberfest is not so unique anymore.

There has been suggestion from time to time that we get rid of Oktoberfest.

No way!

To make sure I was being fair in this piece, I did a little research. It was an eye-opener. Here are some interesting facts I discovered:

Festivals and Events Ontario has declared Kitchener-Waterloo Oktoberfest to be one of the premier festivals in Ontario.

The amount of money that was poured into our local economy from out-of-town festival-goers has been estimated at over \$21 million last year.

The year also saw \$1.5 million raised for charities and non-profit organizations here.

Besides, Oktoberfest is a big part of the personality of our area.

I'm not fond of it myself, but I definitely think we should keep it.

You just won't catch me down there.

SPOKE

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Bright future lies ahead for Conestoga

By MARCUS MATTHEW

Conestoga College is always investing for the future, resulting in the school consistently being ranked one of the top colleges in Ontario. They plan to continue their rapid growth with a hefty investment.

During the Conestoga Council meeting on Oct. 4, there was one topic that dominated the majority of the meeting. Expansion.

With an estimated \$125 million put into several projects and programs, Conestoga president John Tibbits is confident that this pricey payout will ultimately pay off.

"I think this will really move the college ahead. We should end up being one of the most comprehensible polytechnic institutes in Canada," said Tibbits.

Moving the college ahead is something Conestoga has always strived for. According to the Conestoga website, last year the school's enrolment grew by 17 per cent, one of the best percentages in Ontario. After thriving as a polytechnic institute, Tibbits has established the school as one of the most recognizable and respectable colleges in the country.

Each of the Conestoga cam-



PHOTO BY MARCUS MATTHEW

Conestoga College president John Tibbits relaxes for a moment after a College Council meeting in the Guild Room in the Student Client Services Building on Oct. 4.

puses is currently undergoing construction or renovation. At Waterloo, the school has started construction on a 10,000-square-foot heating ventilation and air-conditioning training centre. On top of that, they just put the finishing touches on their new roof training centre which was completed in March.

And a massive 75,000-square-foot new F-wing is currently under construction at the Doon campus. The F-wing, which will be an extension from the E-wing, will be

a state-of-the-art health and life sciences building.

The new Cambridge campus is right on schedule as it is projected to be ready for the start of the fall 2011 semester. In the meantime, the Guelph campus is expanding its motive power program. This March, a 12,000-square-foot power training centre facility was completed. It covers approximately four acres which was donated by the town of Ingersoll.

Stu Hood, who has been on Conestoga Council for nearly

16 years, is a co-ordinator at the Guelph campus. He sees the overall investment as a benefit toward the education of students.

"The investment by the different levels of government and Conestoga College can only be an advantage to the students and industry. We can meet the needs of the students with more up-to-date facilities and equipment and meet the need of industry by better preparing the students," he said.

With added facilities and

more programs, the one major con that could follow is an overflow of students. Many students would say that the lines at the bookstore, Security Services office or the information desk are long enough as is. Parking? Well, that's a whole other issue.

Over in the Information Technology Services department, things have been just as busy.

According to Fred Woodhall, director of computer systems, the department currently has 85 projects in the works to go along with 67 enhancements/support services. One of the main focuses for IT Services is to continuously advance their technology and keep up with the rapid growth and to be able to accommodate all Conestoga students.

This year their attempt to upgrade to Windows 7 and Outlook Express caused some havoc, to say the least. The problem is now under control and the two upgrades will play a big part in the way Conestoga students do their studies and communicate via email.

With a master plan put into place, Conestoga hopes they're destined for a bright and successful future.

Blast from the past

By SARA BUSSE

What place will take you back to the '50s with enticing food and great service? Angel's Diner, of course.

I recently had a chance to check out this restaurant for myself after a friend told me it was the best place for breakfast. She was right.

When you first walk through the doors of Angel's Diner, located at 370 Highland Rd. in Kitchener, you get a sense of what life was like back then. Blue and pink booths await you, photos of Elvis and Marilyn Monroe, along with many other '50s iconic characters line the walls, and an old classic jukebox takes centre stage.

The waitresses are gracious and happy to meet you. The menu is huge so be prepared to take some time to look over everything. They even have a separate menu for breakfast.

Order the Temptation Egger. Picture it, two eggs any style, French toast, bacon and sausage plus regular toast all for less than \$10.



COUNSELLOR'S CORNER: Relationships

Being a student and in a committed relationship can bring enjoyment and pleasure and also feel conflictual in terms of responsibilities and demands on time. A healthy relationship is more likely to withstand the pressures and changes that

being a full-time student bring. A local Individual, Couple and Family Therapist, Barbara Pressman, developed a list of primary principles for a healthy relationship.

Here are a few ideas:

- ◆ Respect for the other person -- no put downs, no insults, appreciation of different needs and beliefs and recognition of the possible need for separate as well as together time.
- ◆ Safety is of utmost importance -- no emotional or physical violence. If there is even fear, there already is hurt.
- ◆ Caring behaviour and emotional support such as listening without judging or blaming and encouraging each other's interests.
- ◆ Inclusive decision-making regardless of earnings, compromising differences avoiding a win/lose result.
- ◆ Open communication including the capacity to share feelings, to be listened to attentively without giving advice (unless sought), and willingness to be assertive about expressing needs.
- ◆ Communication includes affection and sexual expression.
- ◆ These need to fit the needs of each couple and be mutually satisfying.

The counsellor at your campus is available to assist you with relationship issues.

A Message from Counselling Services, 1A101.

College fair offers one-stop shopping

By LAURA BENNETT

Sometimes we forget how cool our labs are at Conestoga College. That is, until we get the chance to show off where we learn.

On Oct. 25 and 26, Conestoga College will be hosting an Ontario college fair.

"What makes this event unique is it is one-stop shopping for prospective students, because all of the other colleges are here as well," said Paul Osborne, executive director of marketing at Conestoga.

The fair runs from 5:30 to 7 p.m. on the Monday and ends at 11:30 a.m. on the Tuesday.

"All of the Conestoga programs are set up in the rec centre's gymnasium," said Osborne. "It's like a trade show format which will feature faculty and our current students. Often prospective students feel more comfortable talking to a peer."

Each Ontario college will have a booth set up in the E-wing.

The college fair does a circuit, taking place at all the different schools. "It's a six-week tour and begins north of Thunder Bay," said Osborne. "Each college has an opportunity to host an event like this. It's an excellent thing because colleges need to work together at some point to promote the college system."

The fair has seen a rise in the number of visitors attending.

"The volume of prospective students and parents has gone up," said Nancy Hauck, the event and tour co-ordinator at Conestoga College. "A lot of people are making their post-secondary decisions with a lot more research."

The fair is targeting high school students who will begin school in the fall of 2011. It will highlight the services and resources of the college as well as its programs.

"Our events are getting larger," said Jan Stroh, a student recruiter for Conestoga College. "Three years ago our

tours had about five people. Now they have grown to about 40 people in a group campus tour."

Both Stroh and Hauck are head organizers for Conestoga's fair. Hauck is in charge of advertising and getting a list of volunteers and Stroh represents Conestoga at other college fairs.

The fair also benefits students already at Conestoga College. "The students volunteering sometimes don't realize how much they have learned until they need to teach someone new about it," said Osborne. "All of a sudden they are an expert."

University students who want to explore the more practical, hands-on learning of college are also invited to the fair.

"The Monday evening portion of the fair is expected to see about 300-500 guests and the Tuesday portion, about 1,200," said Hauck. "Classes aren't cancelled because of this event so campus is going to be a pretty busy place on the 26th."

Upcoming breakfast to thank employers

By VICTORIA SPRACKLIN

It can be very difficult to find a job when you have a disability. However, some employers do open their doors and welcome people with disabilities in with open arms.

"There are employers in our community who have gone above and beyond and said, 'I will be willing to take a chance on this person, I know they've had a rough time but let's see if we can give them a second chance,'" said Charlie Matjanec, an employment adviser for Conestoga's disability services. In recognition of these employers, the Galt Country Club is hosting the fifth annual Employer Recognition breakfast on Oct. 27. The event is a thank you to employers based in Cambridge and North Dumfries for providing employment opportunities, work experiences and training.

Recipients are honoured with a watercolour painting by Greg Pautler, a graphic designer located in Cambridge. Nominations are made by submitting an appli-

cation and showcasing the work made by the employer for the client. Winners are chosen by the Employment Facilitation Network of Cambridge and North Dumfries.

Those who receive assistance are not hindered by just mental or physical handicaps. A wide variety of restrictions and disabilities come into play.

"What they're looking at is students and individual members who have barriers to employment because of a disability, because they're youth, they're inexperienced, they've been in trouble with the law, they're new Canadians, that full range," said Matjanec.

The event, co-sponsored by the Regional Municipality of Waterloo and the Workforce Planning Board of Waterloo Wellington Dufferin, will welcome 100 guests. Regional chair Ken Seiling will be the keynote speaker and president and CEO of the Cambridge Chamber of Commerce, Greg Durocher, will be the emcee.

SO SEXY IT'S SCARY!

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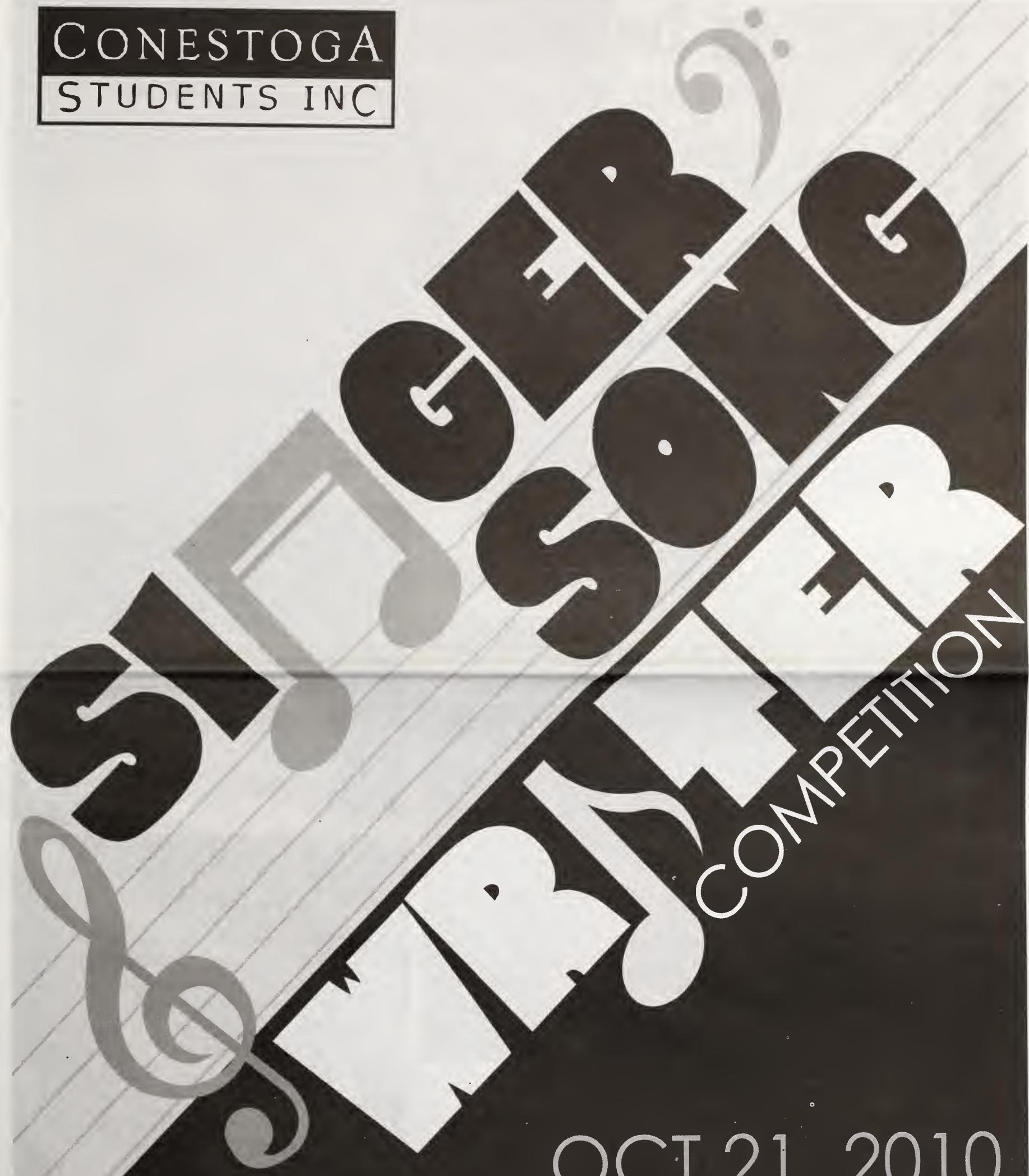
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CONESTOGA
STUDENTS INC



OCT 21, 2010
NOON, IN THE SANCTUARY
SIGN UP IN THE CSI OFFICE,
ROOM 2A106

Haunted houses are a scream

By AMANDA BAINES

The final survivors of the attack huddle together, shaking in fear as they creep through the abandoned town. Their eyes are constantly searching for the unwanted guests looming in and out of sight. Zombies by the dozens close in on the group, and shots ring

through the air as the handful fight for their lives against the gruesome undead. No, this isn't another creation from zombie legend George Romero, or even your worst nightmare. Well, maybe your worst nightmare. Welcome to the newest addition to Bingemans' ScreamPark — Zombie Hunt.

Entering its fifth year, ScreamPark is introducing yet another set of horrifying houses for your entertainment. Bring your childhood fairy tales to life in a horrifying new way at Nightmare Creations; "enjoy" a night at the circus, where the clowns

at Psycho Circus have a different agenda or, if those sound too tame, take a walk through Fright Tales, but no backing out now!

Actually, there is a

chicken out door, for those who find themselves faint of heart. Angela Yabut, who was in charge of the horror-fest this year, said the events were well done.

"We were designing since the end of summer, and it is really shown in the houses," said Yabut. "I walked through the fairy tales house and it wasn't fun. It's really scary."

Never wanting to double up on ideas, the houses contain new chills and actors who know exactly how to make your skin crawl.

"We look for actors who can scare people and stay in character," said Yabut. "We want to make you scream."

Actor Brittany Kane agrees.

"I acted here last year, and I just loved it," she said. "I had to come back. It's just

such a rush to make people scream."

ScreamPark is open Oct. 19 to 31 from 7 to 10 p.m. and until midnight on Fridays and Saturdays, with tickets at \$12 for one house or \$25 for three. If you're in the mood to hunt some zombies, plan to attend on the 22, 23, 29 or 30. The zombie Hunt also costs \$12.

For students looking for a good scare on a budget, college and university students will receive a discounted rate of \$10 per house or \$21 for three on Oct. 26, with valid student ID.

"I think this year will be really successful," said Yabut. "Last year we had nearly 3,000 come through, and only 383 backed out. I think this year it's going to be even higher. It's definitely scarier."

Half a skeleton dances through the smoke-filled air as people travel through Fright Tales at Bingemans' ScreamPark. Fright Tales is one of three haunted houses at ScreamPark this Halloween season.



**PHOTOS BY
AMANDA BAINES**

Gruesome scenes and chilling images are the norm at ScreamPark this year. Fortunately, there are "chicken exits" throughout the houses for those who are weak of heart or stomach.



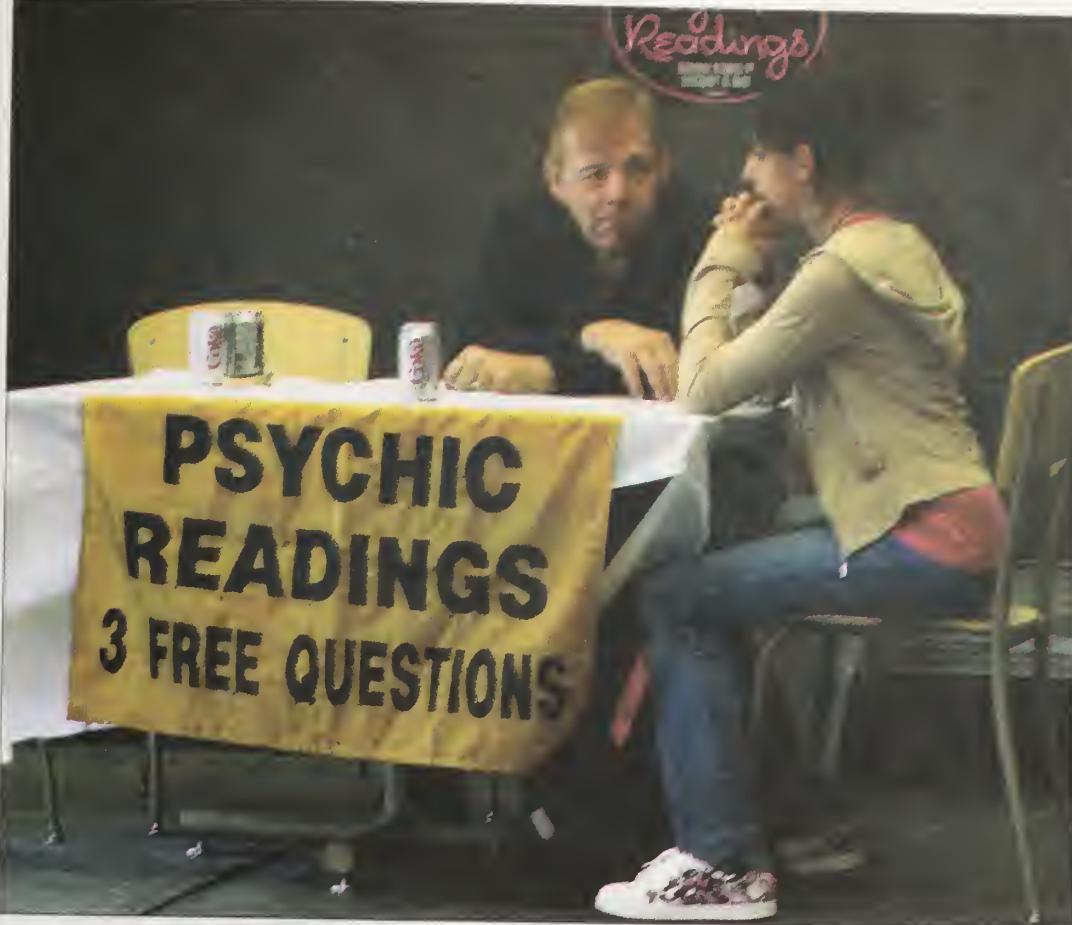


PHOTO BY ERIN FARRAR

Dan Valkos talks to a student about her future in the Sanctuary on Oct. 6.

Dan Valkos gives students goosebumps

By ERIN FARRAR

Noted psychic Dan Valkos wowed Conestoga students with his readings on Oct. 6. Students lined up in the Sanctuary waiting their turn to ask Valkos any three questions they wanted.

Some students seemed to be deciding what specific questions to choose, while others knew exactly what they would ask.

"I'm going to ask him when I will meet my dream guy," said design and communications fundamentals student Megan Friesen.

Other students had interesting questions about their future education. "I'm going to ask if he thinks I'll be accepted for nursing at college or university," said pre-health sciences student Rachel Dietrich.

A few were skeptical, but many were convinced of the validity of psychic readings. "I definitely believe in it," said Friesen. "I was raised Christian but also raised to believe there are ways to contact the other side."

Valkos hosts a number of workshops including The Psychic World, Reincarnation

Who You Were and Advanced Psychic World and is currently visiting Ontario colleges sharing his knowledge with students and faculty. He has been doing readings at Conestoga for 15 years.

"I think it's always fun to bring him on campus," said Conestoga Students Inc. president Sheena Sonser. "I find it very intriguing and students always have a positive reaction."

Valkos will be back at Conestoga doing workshops on Nov. 27 and Dec. 11. Visit his website, www.danvalkospyschic.com, for more information.



Family feud frenzy

By BRITNEY BELANGER

The Sanctuary was the site of a feud on Oct. 6, but no police needed to be called. Instead, CSI was hosting this Annual Family Feud event.

Students joining the game had to form groups of five in order to participate.

Up to 10 rounds were played during the hour, leading up to the final match. Teams were asked questions such as name something white and red. A member from each group had to have a steady hand on their buzzer. Taryn Schmidt, CSI director of advocacy, had to be alert to who buzzed first.

"The games were really

entertaining," said Krista Sebastian a graphic design student. "I like how they kept to the theme (of the real Family Feud TV show.)"

Each round students would applaud and cheer each team on. By the final game, students gathered around the stage to see who would win. The finalists were The Ron Howard Experience and The Golden Girls.

The final match was played, with The Ron Howard Experience coming out on top. They received movie tickets as their prize.

"We trained everyday on our trivia," said Warren Jones, a member of the winning team. "The win was epic."



PHOTO BY MANDY LIVERANCE

After playing a great game, The Ron Howard Experience was the winning team of CSI's Family Feud competition in the Sanctuary.

Lady Gaga and Snookie make a Halloween appearance

By MANDY LIVERANCE

Halloween is an experience that changes as you grow older. Maybe when you were younger you dressed up in a cute costume, grabbed that plastic pumpkin pail and walked door-to-door with adult supervision trick-or-treating.

As you got older that routine was similar but you turned your costume into something dead by applying fake blood, upgraded to using your pillow case (even though we all knew it still wouldn't hold enough candy) and walked the dark streets door-to-door with school friends. Coming to college, however, the scene changes. House parties, bars and local community events become the sites of



Halloween celebrations and great places to show off your costume.

There are many costumes that are consistent throughout the years; pirates, cops, nurses and fairy-tale characters for example. But there are also ones that reflect the past year or so. Celebrities, movie and TV characters play a big part in costume ideas.

Among this year's hot trends are Lady Gaga, Michael Jackson and Avatar characters. Halloween shops are also finding themselves restocking costumes of Snookie, the Situation and the rest of the crew of MTV's popular reality show Jersey Shore.

Moustafa Rizk, a first-year architecture construction engineering technology student, said people he knows are dressing up as Hollywood stars, "like Lady Gaga and even Justin Bieber. People are still doing Joker from Batman."

Putting together a costume, whether it be original or one of the popular ideas, can be as simple as buying a complete set or creating it yourself. Along with year-round cos-

tume shops, many temporary stores have opened in the area to provide people with all their Halloween needs.

Spirit, located across from Fairview Mall, has everything you can imagine plus more for Halloween supplies. From packaged costumes to the hot glue gun needed to put together your own, the possibilities are nearly endless.

Ashley Melo, a first-year early childhood education student, is also a part-time employee at Spirit. She said creative pirates and Harry Potter characters are still among the popular selections, as well as new light-up costumes based on the Dream Girls.

Couples can find themselves creative sets like plug and

socket, ketchup and mustard and Batman and Robin, while groups can come together as the Ninja Turtles, the cast of The Wizard of Oz or even last year's No. 1 seller, Star Wars characters.

Other than characters and celebrities, a common costume idea can be created simply by taking anything and making it dead or sexy. These include being a dead bride, hockey player or doctor, and a sexy cat, firefighter or nurse. It may not be super original, but it's easy and still fun.

Conestoga students can celebrate Halloween on Thursday, Oct. 28 at CSI's Halloween pub night in the Sanctuary. Tickets are being sold for \$3 at the CSI self serve area.

October is breast cancer awareness month

By LAURA BENNETT

Breast cancer continues to be the most common cancer among females.

According to the Canadian Breast Cancer Foundation, it is estimated that 23,200 Canadian women will be diagnosed with breast cancer in 2010. That's about 445 women being diagnosed each week.

As October is international breast cancer awareness month, there are many things women should be aware of.

According to Dr. Janet Warren, a doctor at Conestoga College's health office, the guidelines for self-breast examinations have changed.

"They used to say that all women do a weekly breast exam in the shower, but now it's recommended that only women with a family history of breast cancer, or women who are older should do it," says Warren. The Canadian Cancer Society statistics for



Runners take off at 10 a.m. sharp on Oct. 3 at Bingemans in Kitchener, for the CIBC Run for the Cure. The event supported those who have been affected by breast cancer.

2010 says that over 50 per cent of women who develop breast cancer are between 50 and 69 years old.

"Women find a lot of normal types of lumps," says Warren. "This often occurs before their menstrual period because their breasts are sensitive to

the hormones."

"Although the chances of getting breast cancer increase with age, it is not unheard of for women in their 20s or 30s to get it. The most important thing for women in their 20s is prevention and the best ways to prevent breast cancer

is general good healthy living," says Warren.

On Oct. 3, people in over 50 communities across Canada practised healthy living by running in the 19th annual CIBC Run for the Cure.

"It's the largest single-day fundraising event in Canada,"

says Nancy Hawes, one of the event organizers for the Kitchener-Waterloo run and also a CIBC employee.

"It is always held on the first Sunday in October." Approximately 3,000 people took part in the Kitchener-Waterloo run in support of breast cancer.

For women wanting to take part in breast cancer awareness month, it's not too late. The Canadian Cancer Society has a contest on their website called Girls Night In. They are asking women to invite their friends over by Oct. 31 for a night in, and donate what they would have spent on a night out. The money goes to cancer research, and participants' names are put into a draw for a gourmet meal for seven, prepared by celebrity chef, Darryl Fletcher.

Go to www.cancer.ca/ontario/howyoucanhelp for this, and other ways, to help raise money for and awareness of breast cancer.

Working for love or money

By EMILY GERRETT

Life involves many hard decisions, and as a student these are made even harder by the fact that you haven't gotten everything figured out yet. You might already have a photo clipped out of a magazine of what your future house is going to look like, right down to the white picket fence. But how many of you know what you're going to be doing as a career to make the money to pay for this house?

The importance of choosing a future career plan is stressed as early as public school, when interest surveys are used to match you to the careers that are your best fit. But what is more important, doing something you will love, or doing something that will give you a paycheque you will love?

First-year woodworking technology student Stefan Kotowich is in a program completely unrelated to his main passion — drumming in the pop rock band The Diverse Attraction.

"I looked into a career in music but there's nothing you can really do to make money besides being a high school music teacher or in some professional ensemble," Kotowich said. "I'm into playing in a rock band."

Kotowich is a sponsored drummer, whose band has opened for well-known hardcore groups such as The Holly Springs Disaster and Dead and Divine. But trying to

make it big in the music industry is an uncertain choice as far as future job security goes.

Feeling insecure about salary is only one of the contributing causes of job dissatisfaction. Choosing a career that supports you financially is important in achieving future happiness. According to a Statistics Canada article on job stress, 1.3 million Canadians were unsatisfied with their jobs in the last Canadian Community Health survey.

Following your passion is undoubtedly important in finding a job you will enjoy day to day. But if your life's passion is learning the elf language in the Lord of the Rings trilogy, you're probably not going to find a career that will make money off of this skill.

Whether you're creative, athletic or intellectual, finding a career that has a balance between doing what you love and making enough money to live comfortably is key. In the end, it's about what's most important to you in your future.

"I'd like to be able to support myself and my family, and have the money to do things recreationally as well," Kotowich said.

If you are successful in finding a job you love that pays well, that dream house with the white picket fence could be yours, and you will be a happier person living inside it.

RECOGNIZE THE SIGNS OF STROKE WHEN YOU SEE THEM.

VISION PROBLEMS

Sudden loss of vision, particularly in one eye or double vision

HEADACHES

Sudden, severe and unusual headaches

WEAKNESS

Sudden weakness, numbness and/or tingling in the face, arm or leg

TROUBLE SPEAKING

Temporary loss of speech or trouble understanding speech

DIZZINESS

Unsteadiness or sudden falls, especially with any of the above signs



HEART AND STROKE FOUNDATION

Seek immediate medical attention if you have any of these symptoms.

As A Conestoga Student, What Has Been Your Experience With Diversity?

To help the College better meet the needs of an increasingly diverse student population, Diversity at Work's Evelina Silveira is conducting two student focus groups.

The purpose of the focus groups is to better understand your experiences and perceptions of cultural diversity at the College.

- Wednesday, November 3, 2:00 to 3:00, 2A12 (Waterloo Campus)
- Thursday, November 4, 1:00 to 2:00, 2E05 (Doon Campus)

This is a chance for you to share your experience and assist the College in this important initiative. Focus groups will be catered with sandwiches, desserts, coffee, tea and juice.

To sign up, email professionaldevelopmentdept@conestogac.on.ca

Used books get a second chance

3 Kitchener stores offer variety

By GERALD UPTON

What is the most important invention of humanity? Fire? The wheel? The steam engine? The cellphone?

How about the written word? Or the printing press?

Without the written word we could not record our cumulative experience, and the inventing would end with fire and the wheel. Without the printing press we could not spread our ideas.

Thus the book is the basis of our civilization.

In downtown Kitchener there are three large used bookstores. The owners of these stores have one thing in common. They love books.

"Oh, yeah," said Lucille de la Chevrotiere. "Thirty-five years later. Still enjoying it." De la Chevrotiere is the owner of KW Bookstore at 308 King St. W. at Water Street.

KW Bookstore has been around for almost 75 years, and has had at least six different locations. De la Chevrotiere's involvement started when her parents-in-law purchased the store approximately 55 years ago when it was at 317 King St. E., but she says she used to frequent the store long before then.

De la Chevrotiere is a pleasant, cheerful person. The only time she wasn't smiling was when she discussed her reading habits of late.

"I don't read quite as much because I have so much paperwork now." She says her eyes get tired, so sometimes she watches television instead. Even then she prefers shows that were made from books she knows.

"We still love it. I still love it," said John Poag, co-owner of A Second Look. "There's quite a horde (of interesting books that he is keeping) in that backroom, I can tell you." Despite the grey in his hair, you can still see the enthusiasm in his eyes.

"We were both interested in books," said Poag, gesturing to his partner, Rosemary Tait. "We were interested in recycling and, quite frankly, it was less expensive to start a used bookstore. But we'd both been haunting used bookstores anyway."

Mark Pettigrew of Casablanca Bookshop tends to agree with them. He opened his store almost exactly 25 years ago.

"I loved doing it at the time," he said, and from the easy smile on his face and the enthusiasm of his replies you

can tell that he still does.

They all described the changes they have seen since they opened. There used to be four new bookstores in downtown Kitchener. All have since closed or migrated elsewhere, leaving the scene to the book recycling stores. All seem to be doing well.

"That's what it used to be like in downtown Kitchener," said Pettigrew when he talked about the long-gone new bookstores. "It used to be the central core. It used to have all the businesses, so everybody came downtown to shop. Now the shopping's all over the city, it's all spread out, so we've lost a lot of the pedestrian traffic we used to have. There just was not enough pedestrian traffic to support a new bookshop downtown."

One of the new bookstore chains that deserted Kitchener still maintains a branch in downtown Waterloo. This reflects the upper-scale clientele, the two universities in the town, and the efforts to make the downtown core more of an attractive draw.

Used bookstores are not considered any kind of competition to new bookstores. David Worsley, the assistant manager at Words Worth, 100 King St. S., Waterloo, considers them entirely complementary.

"

You find things that you want that you didn't know you want.
— John Poag

"

"Used bookstores? I've never considered them competition," said Worsley. He pointed out that there are three used bookstores in Waterloo as well.

"It's not better than new, it's different," said Pettigrew when asked what type of store was better. "We depend on new bookshops to survive. If people don't buy new books then I'm out of business. It's better in some ways than a new bookshop because you save money, but you don't always get the new releases right away."

Poag said, "It's the serendipity factor more than looking for specific books that I personally find enjoyable in used bookstores in general. You find things that you want



PHOTO BY GERALD UPTON

John Poag looks for a particular item for a customer in A Second Look's new location on 31 King St. W., Kitchener.

that you didn't know you want."

The type of customers who frequent used bookstores run the spectrum, according to all three store owners.

"It's a wide range," said Tait.

"Young and old, male and female, poor and wealthy, well-educated and informally educated, I guess you could say," said Poag, attempting to give more detail. He also pointed out that they carry more than just books.

All three stores buy and sell used DVDs as well as books. The DVDs can be almost any age, although the newer ones usually sell better. It's the same for most of the books they carry. If they are more than five years out of date, they're not likely to sell well.

"We buy all kinds," said Pettigrew. "Everything sells; more current releases tend to sell better. Especially for the novels and even the mainstream non-fiction, the latest stuff is usually the best within the last five years. It kind of slowly loses demand as time goes by."

"Having said that we have other subjects that sell no matter what; we've got art, philosophy, religion, literature by definition."

Pettigrew summed it up when he said, "I think downtown Kitchener is a great place to come down to shop in the used book market, especially for students who want to save money."

FOLLOW Mark

come make your mark.ca

NORTHWEST TERRITORIES



Mark is checking out job prospects in the Northwest Territories and sampling the NWT lifestyle. He is in for some surprises! There are all kinds of jobs up here - and they pay well - so Mark's student loan will vanish like an ice-castle in the spring. Graduate degree holders in the Northwest Territories can earn \$25,000 more per year

than the national average. Mark can fast-track his career, make his mark and fill his bank account all at the same time in the NWT.



MAKE YOUR MARK
with Mark

Win a trip

to join Mark and check out
Northwest Territories'
job opportunities.

Enter at www.comemakeyourmark.ca

Draw Date: November 28, 2010

NORTHWEST TERRITORIES

1-877-336-3940



PROPER ID REQUIRED, CONESTOGA STUDENTS MUST BRING STUDENT I.D.
DOORS OPEN AT 8:00PM \$10 IN ADVANCE, \$12 AT THE DOOR, LIMITED TICKETS
PURCHASE TICKETS IN THE CSI SELF SERVE AREA, ROOM 2A108

CONESTOGA
STUDENTS INC

TONY LEE XX HYPNOTIST

TUESDAY
OCTOBER 26

PARENTAL
ADVISORY
EXPLICIT CONTENT

18+

ROULETTE

Mobile optical clinic tours Conestoga

By NATHAN RIENSTRA

Thanks to Mobileyez, students at various Conestoga campuses will be able to experience a new outlook on the world around them, literally.

As its name suggests, Mobileyez is a mobile optical clinic. Based in Mississauga, it's currently contracted to visit three of the four Conestoga campuses. Having moved from Conestoga's Doon campus to Guelph campus, where it's stationed presently, Mobileyez will be finishing off its tour of Conestoga campuses at Waterloo. Students have found the service helpful, which has been very fulfilling for representatives of Mobileyez.

"It's a brand new type of service, and if there's anything to indicate it's been a very positive move, it's the fact that we're steady busy," said Trisha Nedev, president of Mobileyez. "This has been a very fulfilling contract on a totally different level. It was

really rewarding to know the difference that the doctor and a service like this is making in the lives of young people."

Through keeping its hours flexible but also aiming to operate during hours where there have been a lot of students on site, Mobileyez has been able to assist countless students by providing them with eye exams, prescriptions and even by diagnosing what students thought to be seemingly harmless issues with their eyes as severe diseases. According to Nedev, some of these diseases, such as glaucoma, wouldn't have been detected had students not taken the time out of their busy schedules to see an optometrist.

"There's always some sort of prescription," said Dr. Roger Habib, when addressing the topic of students' eye exams. "There's only been one or two (students) that I've encountered where there's no prescription at all. We usually find one (prescription), but that doesn't mean I always



PHOTO BY NATHAN RIENSTRA

Trisha Nedev, president of Mobileyez, performs a pre-eye exam on Sept. 5 at Doon in Kitchener.

prescribe it. It just depends on the (students') complaints." Habib, an optometrist who's been working with Mobileyez during

this particular contract, said he's encountered some students who have never previously had an eye exam.

The services are covered by

the students' health insurance plan.

For more information on Mobileyez, go to www.mobileyez.com.

The Paper Lions are my new favourite band

By JESSICA-LYNN TABAK

After sifting through an extensive amount of basement recordings and demos, the band members gathered favourite melodies, beats and lyrics to create a new sound for their new EP, Trophies.

The Paper Lions, an Indie band from Belfast, P.E.I., released it on Sept. 28.

Every song on the six-piece Indie EP was carefully chosen by the band. In a recent interview with CHARTattack, lead guitarist Colin Buchanan said, "We wrote dozens of songs in a lot of different styles, but in the end decided to narrow things down to just six songs we felt would work best together as an EP."

The sound of the Paper Lions, formally known as Chucky Danger Band, is evolving.

"We took far more liberties with tones and textures this time around," said Buchanan. "Our older recordings sounded far too polished and overproduced. Ultimately we wanted an album that better represented our live shows."

With the new change, the Paper Lions obtained a deep understanding of melody and pop arrangements. They now have a bright, uplifting sound. They are the kind of band that you can listen to and illustrate your own music video in your head. I find that a very unique and important quality.

Trophies was recorded just outside of Hamilton with producer Dan Weston. To promote their new album, the Paper Lions played three of their songs on MTV Live on Oct. 1 and are currently touring Canada.

LOTS TO SEE AND DO ON CAMPUS



PHOTO BY EMILY GERRETT

Conestoga, its student union and its residence all offer a wide range of activities and events for students. Conestoga Students Inc. held its first art auction, called Art-A-Thon, in the school's atrium from Oct. 4 to 8. All art was created by Conestoga students to raise money for student bursaries. Right, Joe Hefford, a second-year general arts and science student at Conestoga College, looks at three paintings on display.

Above, volunteers from left, Blayne Stanic, Denise Sayers and resident advisers Cara Camacho and Caitlyn Wheeler serve Marble Slab ice cream as part of the Sundae Sundays fundraiser in the Conestoga College Residence and Conference Centre Oct. 3. The event runs every Sunday and has been successful so far, raising \$200 and selling out in half an hour on a recent weekend.



PHOTO BY LAURA BENNETT



HOROSCOPE

Week of October 18, 2010



Aries

March 21 - April 19



Libra

September 23 - October 22

All work and no play makes Jack a dull boy. Avoid any invitations to watch over any hotels during the winter.

On Saturday you'll realize that you can get an extra day out of your underwear if you turn them inside out. Congratulations?



Taurus

April 20 - May 20



Scorpio

October 23 - November 21

You will have to fight the Jabberwock this week, in the Tulgey Wood. Your vorpal blade with go snicker snack. Spoiler alert: In the end you win.

This week you will gain use of a time machine. Use of the machine will destroy your personal timeline. You should read Gemini's horoscope as your own now.



Gemini

May 21 - June 21



Sagittarius

November 22 - December 21

On Friday when you get a chance to round up a small herd of buffalo you should take the opportunity. You will never have another chance to do this.

You will spend all of this weekend wasting time on the Internet and you will get nothing of any worth done. Your Farmville farm is doing great, though.



Cancer

June 22 - July 22



Capricorn

December 22 - January 19

Sunday will be one of those days. You'll be like a bull in a china shop. You will, in fact, break your priceless Ming vase.

This Monday you will find yourself transported into the body of Salvador Dali, sort of like that movie Being John Malkovich, but stranger.



Leo

July 23 - August 22



Aquarius

January 20 - February 18

On Thursday you will be stranded on a deserted island and be forced to learn to use a bow to hunt game for survival.

The telephone system will be your gateway to greatness this week. I suggest phoning everyone you know every waking moment.



Virgo

August 23 - September 22



Pisces

February 19 - March 20

The king rat will visit you in your dreams and tell you that you are the Chosen One (of rats). You will have an immediate craving for cheddar.

If you were going to start collecting phone books for whatever reason, this is the week to start. It is, however, the wrong time to quit sniffing glue.



Paul Irvine carefully examines the stars and then ignores them for your amusement.

Facebook adds new friend: The big screen

By RYAN YOUNG

Believe it or not, there was a time when you had to pick up a phone to see what your friends were doing.

Director David Fincher's film, *The Social Network*, takes us through the journey of young Harvard student Mark Zuckerberg (Jesse Eisenberg) and the creation that made him the youngest billionaire on the planet, Facebook. The website changed the way people communicate worldwide by allowing them to connect through a website and share personal information amongst themselves. Never has telling someone you're hung over been as easy as a status update.

The movie focuses more on the development of Facebook and the lawsuits Zuckerberg faced rather than the social impact of the site. Zuckerberg was sued by twin brothers from Harvard who had conceived a similar social network idea and by his own best friend who believed he was Zuckerberg's business partner.

I found the most interest-

Movie Review



ing part of the movie to be the involvement of Sean Parker (Justin Timberlake), the man who created Napster when he was 19. Parker is depicted as the man who drove a wedge between Zuckerberg and his best friend/business partner Eduardo Saverin (Andrew Garfield).

The film shows how Parker, who now owns seven per cent of Facebook, got involved in the website.

I would have liked to have seen the movie focus more on the social impact of the website, but there were comical parts for avid Facebook users. In one scene a couple is arguing because the male has yet to update his relationship status from "single" to "in a relationship." In another, a girl says she checks the website no less than five times a day because it's so addictive.

Even in the final scene of the movie Zuckerberg sends a "friend request" to a lawyer he's developed a crush on and refreshes the page every five seconds in hopes of a response, something known as "Facebook creeping."

The Social Network debuted at No. 1 its opening weekend, raking in \$23 million for Sony/Columbia Pictures. Having earned nearly half of the \$50 million it cost to produce the movie on that weekend, it would seem the movie is well on its way to proving profitable. Not Mark Zuckerberg profitable, but a success nonetheless.

The film shows how a simple idea can be transformed into a \$25-billion global-changing sensation. While not all great ideas will lead to the kind of financial success Zuckerberg has enjoyed, the movie provides a template for those who dream big.

Easy A gets an A+

By CASSANDRA BOURGEOIS

In the film, *Easy A*, one (not so) innocent little lie spreads wildly out of control, and hilarity ensues. The movie hits audiences with a great cast, delivering one joke after another.

Emma Stone is perfect as Olive, the good, clean-cut, invisible high school student whose harmless lie turns her life upside down.

The chaos starts when Olive's best friend Rhiannon invites her to go camping with her and her weird parents. Olive doesn't want to go, so she makes up a date with a college guy to get out of the trip. When Rhiannon gets back from the trip on Monday, she asks how the date was and exaggerates everything Olive says until she has convinced herself, and Marianne, the popular church girl who was hiding in a bathroom stall next to them, that Olive lost her virginity to the college guy.

Marianne is aghast at the scandalous behaviour of her classmate and proceeds to

Movie Review



shows up at school the next day, she rocks the persona pressed on her by the high school rumour mill. With sass and smart sarcasm, Stone saunters through the halls as the new tarty version of Olive, flirting with boys left and right.

One by one, several less than popular boys find out that she made up her college guy. They convince her to say that she had been with them as well, so that their reputations would be boosted. With each new pretended conquest, her own reputation sinks a little lower.

The movie is the retelling of the story by Olive, from her point of view in a webcast. Stone captures the candid character of a high school girl who just wants to be noticed in a way that had me laughing out loud from the beginning to the end.

I give the movie five stars out of five, and not just because I, like Olive, sometimes just want John Cusack to be standing outside my window with a ghetto blaster.

Cross-country teams running toward success

By MARCUS MATTHEW

Conestoga College's cross-country teams are determined to get back to their winning ways. With the addition of a few more talented runners to this year's squad, Conestoga is ready to put their best foot forward, literally.

Last year Conestoga's fastest runner, Jason Smith, 25, had a remarkable season. He won an individual gold medal at the Ontario College Athletic Association Championship and finished fourth at nationals. His main goal entering his final year at Conestoga is simple.

"Win. That's all that matters to me, that's the only reason why I actually do this. It's not for fun, it's not for health, it's to win," said Smith.

He's a classy person and doesn't have a cocky attitude at all, but is confident in his talent and won't settle for being just average.

"My main motivation is fear of mediocrity. I hate losing; I don't want to be average. And contrary to popular belief, winning is the only thing that matters in sports," said Smith. His off-season training was brief as he got married in the summer.

It's no secret that Smith will be the team's go-to guy. Men's coach Ken Yandeau has been coaching cross-country at

Conestoga for five years. He used to run in high school and still does on a daily basis to stay in top shape.

Yandeau believes Smith is the team's unquestioned leader and will be an ideal role model for the other runners.

"You don't have to be a vocal leader; you don't have to be Mark Messier. You just have to lead by example. Sometimes the best leaders are the ones that are quiet, and Jason Smith is our leader," said Yandeau. "Jason Smith is a winner. Conestoga is lucky to have him representing the college," he added.

Yandeau is confident in his group of guys and has high hopes for them this year.

"I would like us to be first or second provincially and to be in the top four nationally," said Yandeau.

However, the women's team has a completely different set of expectations. They've never won an OCAA championship, and have struggled in recent years. One bright spot last year was their star runner, Heidi Bechtold. She had some encouraging results at several tournaments, finishing in the top 10 twice while placing in the top 50 at nationals.

Keep in mind Bechtold did all this while battling a sprained ankle. She is once again healthy and is opti-



PHOTO BY BRANDON REOCH

The cross-country teams stand out front of the recreation centre at Conestoga College for their team pictures on Sept. 30.

mistic about this season.

"We have better runners and a lot more of them. We actually have a full girls team this year," said Bechtold. Last year she was the only female Condor to go to nationals. This year her main personal goal is to make the all Ontario provincial team.

First-year coach Dave Sharratt is a former Conestoga cross-country runner. He won Conestoga's first ever gold medal at the OCAA cross-country championship in 2007 and represented the

college at nationals, placing eighth. After achieving several of his goals, he now looks to help the women accomplish a few of their own.

"I really want them to achieve what their goals are. Whether it's placing, going to nationals, getting into shape or making new friends," said Sharratt.

Since the women haven't had much success in the past, the pressure isn't all that high. With the team flying under the radar, Bechtold, along with the new runners

on the team are motivated and have a lot to prove.

However, it won't be a walk in the park. With stiff competition, Sharratt is focused on preparing his team and keeping them focused. He does see one school being the most dominant in the OCAA this year.

"Fanshawe. But they're so far out of everyone's league that right now we're not really focusing on that," he said.

Both Conestoga's cross-country teams hope to have a strong season.

The best there ever was



**Brandon
Reoch
Opinion**

Webb's. His 15-year career was polished with 14 Grand Slams, the most ever. That is until Roger came along and upped Sampras by winning 16 Grand Slams in 12.

The numerical statistics of how much he has won is impressive but it's not only about the number of wins Federer has but how he has done it.

Federer has completed the career Grand Slam which consists of winning all four Slams: The Australian Open, The U.S. Open, Roland Garros and Wimbledon. Only seven men have ever achieved this accomplishment.

The Swiss Maestro has five consecutive Wimbledon championships, 22 Grand Slam final appearances, 18 consecutive No. 1 seeds and

237 consecutive weeks at No. 1 in the world. Roger Federer stands alone in those records.

Rafael Nadal has emerged as what, some say, is the next best player. Some even say he is the best already. In nine years Nadal has won nine Grand Slams with five of those being won in his clay domain, Roland Garros. Nadal has the upper hand on head-to-head matches against Federer, but in Federer's defense, 10 out of 14 of Nadal's wins have come on clay courts.

For now, no one has done what Federer has done and it is quite possible no one ever will.

For those who don't watch tennis often, when the next Grand Slam is aired on TV, sit down and watch Federer strike one-handed backhands as smooth as Casanova in a bar. Enjoy the passing shots he hits leaving his opponents feet glued to the court. Admire and appreciate greatness because Roger Federer is the best tennis player to ever play.

PIZZA PIZZA ACCEPTING DONATIONS



PHOTO BY PAUL IRVINE

Kyle Woolham, 20, prepares one of the 72 pizzas produced at Conestoga College each day. October is National Pizza month which is sponsored by Pizza Pizza. This week their annual Slices for Smiles fundraiser takes place, with restaurants accepting donations and selling discounted pizza with proceeds going to the Children's Miracle Network.



CONESTOGA
STUDENTS INC

HALLOWEEN BASH

THURSDAY
OCT. 28TH

WHEN: 9:00 PM - 1:00 AM
WHERE: SANCTUARY

\$3.

BUY TICKETS IN THE
CSI SELF SERVE AREA,
ROOM 2A108

GARANTEED ENTRANCE BEFORE
11PM FOR TICKET HOLDERS,
AFTER WHICH TICKETS MAY BE
BOUGHT AT THE DOORS

ALL AGES FOR CONESTOGA STUDENTS ONLY (SUBJECT TO CSI POLICY) CONESTOGA STUDENTS MUST SHOW STUDENT CARD
PROOF OF AGE OF MAJORITY REQUIRED ALL CSI LICENSED EVENTS ARE SUBJECT TO SMART SERVE REGULATIONS.
SEARCH BEFORE ADMITTANCE AND NO RE-ENTRY POLICIES IN EFFECT. NO OUTSIDE FOOD OR DRINK ALLOWED.